

# PHYSICAL ACTIVITY

## No leisure-time physical activity

- In 1998, 25% of Montana adults reported engaging in no leisure-time physical activity.
- Adults aged 65 and older were most likely to be inactive, significantly more so than younger adults. Physical inactivity increased with age.
- Adults with less than a high school education were significantly more likely to be inactive (44%), while only 15% of college graduates were inactive. The percentage of physically inactive adults decreased with increasing education.
- Those adults with annual household income levels of \$35,000 or more were less likely to be inactive.
- From 1990 to 1998, there was a significant increase in the percentages of adults who were physically inactive.

Note: Physical inactivity is defined as no leisure-time physical activity.

## Light to moderate physical activity

- In 1998, 22% of Montana adults reported engaging in regular and sustained physical activity.
- Those adults aged 18 to 29 were significantly more likely than those in the 65 and older age class to report engaging in regular and sustained physical activity.
- Adults with a college education were significantly more likely to engage in light to moderate physical activity than adults with less than a high school education.

Note: Light to moderate physical activity is defined as five or more times a week, 30 minutes or more a session, regardless of intensity.

## Vigorous physical activity

- Thirteen percent of adults in 1998 reported engaging in vigorous physical activity.
- Those with a college degree were significantly more likely to engage in vigorous physical activity than adults with less education.

Note: Vigorous physical activity is defined as three or more times a week, 20 or more minutes a session at 50% or more capacity.

Healthy People 2000 Objectives:

- 1.3 Increase to at least 30 percent the proportion of adults who engage regularly in light to moderate physical activity.
- 1.4 Increase to at least 20 percent the proportion of adults who engage in vigorous physical activity.
- 1.5 Reduce to no more than 15 percent the proportion of people . . . who engage in no leisure-time physical activity.

Table 6. Physical Activity, Montana Adults, 1998 (with 95% confidence intervals).

	No physical activity (Obj. 1.5)				Light to moderate physical activity (Obj. 1.3)				Vigorous physical activity (Obj. 1.4)			
	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)	Total No.	No.	%	CI (+/-)
All Adults: 1998	1799	456	25	(2)	1799	395	22	(2)	1799	250	13	(2)
Sex:												
Male	784	185	23	(3)	784	168	22	(3)	784	106	13	(2)
Female	1015	271	27	(3)	1015	227	23	(3)	1015	144	14	(2)
Age:												
18 - 29	313	37	13	(4)	313	96	31	(6)	313	45	13	(4)
30 - 44	548	119	22	(4)	548	112	21	(4)	548	81	14	(3)
45 - 64	551	154	28	(4)	551	116	21	(4)	551	77	14	(3)
65+	384	145	38	(5)	384	71	19	(4)	384	47	12	(3)
Education:												
<High School	176	84	44	(8)	176	26	17	(7)	176	13	7	(4)
High School	601	173	29	(4)	601	116	20	(4)	601	61	10	(3)
Some College	547	125	23	(4)	547	114	21	(4)	547	75	13	(3)
College Degree	474	73	15	(3)	474	139	30	(5)	474	101	21	(4)
Income:												
<\$10,000	80	26	35	(13)	80	19	24	(11)	80	15	15	(7)
\$10,000 - \$19,999	291	72	25	(5)	291	62	21	(5)	291	42	12	(4)
\$20,000 - \$34,999	464	127	28	(4)	464	89	19	(4)	464	47	10	(3)
\$35,000 - \$49,999	263	38	15	(5)	263	74	30	(6)	263	40	15	(4)
\$50,000+	267	42	16	(5)	267	67	24	(6)	267	60	22	(5)
Race:												
White, non-Hispanic	1677	418	25	(2)	1677	372	23	(2)	1677	232	13	(2)
Non-white or Hispanic	118	36	32	(10)	118	23	18	(8)	118	18	13	(6)

Figure 5. Physical Activity of Montana Adults, 1990-1998.

